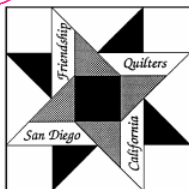


February 2007

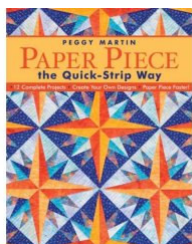


www.friendship.quilt.to
Tom Lettington, Webmaster
Debbie Keener, Editor

Patchwork Post

F R I E N D S H I P Q U I L T E R S O F S A N D I E G O

FEBRUARY PROGRAM PRESENTED BY PEGGY MARTIN



Our speaker for February will be Peggy Martin. She will give a Lecture and Trunk Show entitled "Beyond Tradition" at our meeting on February 12th. She also will conduct a workshop – Evening Star - at Amidon Quiltworks on February 11th. Her new book (her third) is to be released this month - Paper Piece the Quick-Strip Way.

I borrowed this background information from Peggy's web site:

"Peggy began quilting in 1981, piecing and quilting everything by hand. A few years later, when quicker methods were being discovered, she became hooked on finding faster, easier ways to make quilts. When she began teaching in 1985,

she continued to develop more streamlined, fast, fun methods of working. She enjoys expanding on traditional quilts with new variations and color-play. Her favorite quilts are those which are fast, easy to piece, and offer many design possibilities.

Peggy has been presenting programs and workshops at guilds and seminars since 1988. She has exhibited quilts in the San Diego Quit Show, Road to California, the IQA show in Houston, AQS in Paducah, and Tactile Architecture IV. She lives in San Diego, California and is married with two grown sons."

Then, to top that off, she designed this years opportunity quilt for our guild, is one of our members, and serves on the board as the Opportunity Quilt Chairman. You don't want to miss this program!

Candy Dalton

858-486-2007

Daltongang@gmail.com

U P C O M I N G W O R K S H O P S

For the rest of the year, workshops are now open equally to the public. So if you are putting off signing up for a class – best call ASAP. Peggy Martin's February workshop is full.

Art Class for Quilters
Little Whole Cloth Quilt
From Nature to Paper to Fabric

Lora Rocke
Lora Rocke
Judy Simmons

March 11, 2007
March 12, 2007
April 10, 2007



FRIENDSHIP GUILD'S RETREAT: Please place **May 4, 5, & 6, 2007** on your calendars. Start saving your money, and invite your quilting buddies. There will be door prizes; plenty of time to work on your sewing projects; great food, facilities, and of course, friendship! Space is limited, \$25 will reserve your place, so see Carol Giesing or Francine Nadey, or call (858) 486-9942, or email afnadey@cox.net for details.

BLOCK OF THE MONTH

At the December meeting the November block of the month, Duck Tracks, was won by Yvonne Regala. Due to everyone's hectic schedule through the Holidays there was not a block presented at the December meeting. Jan LaGrone and Lee Olson cut and donated the sail boat blocks for our January meeting. There has been several requests for the winning name to be drawn on these darling blocks ideal for a child's quilt.

For the February meeting Wendy Mathson & Lisa Coulombe will be the featured presenter of the block of the month.

The volunteer for the rest of the year are:

March: Valerie Gall

April: Peggy Dunn and Marsha Skarupa

May: Mary Raymond & Corky Kuhlman

Thanks to those who have already submitted block and to those who will soon be the volunteer for Block of the Month. It is always exciting to see what the new block of the month will be.

I will furnish you with the plastic bags and the entry slips. Please feel free to contact me with any questions.

Julie Ward
julesward@cox.net
 858 486-1428

PHILANTHROPY NEWS

CALENDAR NOTE: Please Reserve Saturday, March 24, for our Spring Philanthropy Quilt-a-thon!

We will meet at the Lutheran Church of the Incarnation, 16889 Espola Road, Poway from 8-4. Plan on coming for the whole day, or just part of the day, either way, you will have a good time working for a worthy cause with other quilters. What better way to spend a Saturday! Bring basic cutting and sewing supplies, sewing machine or iron/ironing board if you like. Also, bring a dish to share for lunch.

WE HAVE SOME VERY TALENTED AND GENEROUS QUILT PHILANTHROPISTS! Wow! The small quilts for the Moores Cancer Center are Gorgeously! The staff members at the Cancer Center are going to be so pleased. We made 11 this month, for a total of 19 made so far. Thank you Debbie Keener, Marcia McNelley, Lorraine Marstall, Lee Olson, Terry Seaburg, Pat Wolfe, Mary Lou Love, Barbara

Findley, and Karla Seyb-Stockton. There is still time to make one if you want to be part of this wonderful effort. (They can use up to 60 but don't necessarily need them to be all from us.) I will be collecting them through April. The details: Make an 18"x18" quilt--any color, any method-- to donate to the Moores Cancer Center Foundation-- for the treatment rooms at the Center. The quilts will be mounted behind glass, in a frame on a recessed mat, so they do not need to have a sleeve.

Donations of quilt, placemats and blankets also came in from Stephanie Gragg, Chris Mitchell, Debbie Tait, Mary Lou Love, and Julie Pyka. Thanks to all who made baby quilts for the Sailors of USS DUBUQUE. You guys are AWESOME!

blessings,
 Karla Seyb-Stockton,
 Philanthropy Chair

NEW MEMBERS

A great big HOWDY goes out to our newest Members: Bernice Pluth, Debbie Hartsfield, Helene Friedrich, and Sue Smurthwaite. And a belated howdy to Barbara Trafficante who joined during the month of December.

Would you believe that we have had 21 new members join our guild since September? Last year I believe there were only 10. I for one like the current trend. So, let's see if we can keep it going. This is a perfect time of year to encourage your friends who have indicated some interest in learning to quilt, joining a guild, or simply getting out of the house. Where else can you go to see friends, enjoy interesting speakers, see beautiful art, and get inspiration at a cost of only \$15? That's right, the Membership Fee for the rest of the year is only \$15!

On a personal note, I would like to thank Kathy and Judy (our Membership team) who greet everyone with a smile each month and handle all the paperwork so well. And a special thanks to Kathy who keeps me up-to-date electronically. You gals are wonderful!

~ Jenni Morris, New Member Hostess ~

DOOR PRIZES

1. ½ yd. fabric from Timeless Treasures & 5 100% spools of thread from Gutermann of America, won by Deb Tait.
2. \$10 off purchase at Quilter's Paradise, won by Carol Young.
3. \$10 off purchase at Quilter's Paradise, won by Lisa Mercurio.
4. \$10 gift certificate from Joanne's Fabrics, won by Donna Watt.
5. \$5 gift certificate from Amidon Quiltworks & quilt pattern from C&T Publishing, won by Judy Byrne.
6. Four spools of variegated 100% cotton thread from Coats & Clark, won by Pat Wolfe.
7. \$15 gift certificate from Material Possessions, won by Marcia McNelley.
8. \$15 gift certificate from Material Possessions, won by Lee Mary Heath.
9. 4 fat quarters from P&B Textiles, won by Emily Lawhorn.
10. Quilt book from Rosie's Calico Cupboard, won by Anne Konrad.
11. Big Book of Scrap Quilts from Oxmoor House, won by Peggy Giesing.

Deanna Padilla, Door Prizes






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CALENDAR OF EVENTS

February 9-10, 2007: Valley Quilters (Hemet, CA) 27th Annual Quilt Show, Valley Wide Recreation Center, 901 Esplanade Ave., San Jacinto, CA 92582. 10 am - 4 pm. Admission \$6. Please, No children under 6 yrs. Over 100 quilts, Philanthropic Quilt, Opportunity Baskets, Vendors, Guild Boutique, Consignment Shop, Hourly Door Prizes, Quilt Appraiser - Julia Zgliniec, food available. Contact Wanda Souza -951-927-8727 or Becky Miller - 951-679

February 17-18, 2007: South Bay Quilters Guild Quilt Show at Torrance Cultural Arts Center, 3341 Civic Center Drive, Torrance, CA. For details: visit our website: www.southbayquiltersguild.org

March 2-9: 3rd Annual San Diego Cruisin Quilters Event., Saturday, March 2nd thru Saturday, March 9th, 2007, Mark your calendars, you won't want to miss all the fun!

March 3-4, 2007: Hi Desert Quilt Guild, Ridgecrest, CA presents "Quilts for a Desert Springtime". Sat 10-5, Sun 10-4 at the Desert Empire Fairgrounds. Appraiser Anne Copeland. Over 150 quilts, vendor mall, guild boutique, door prizes. Small Quilt Auction. For more information please e-mail hidesertquiltguild@lycos.com.

March 16-18, 2007: "Fiesta Fantastica 2007!" The 28th Annual Quilt Show of Glendale. Friday, 2 PM - 8 PM; Saturday, 9 AM to 5 PM; Sunday, 10 AM to 4 PM. Admission: 11 yrs. to adult \$9.00. 10 yrs. and under FREE. Hilton Convention Center, Burbank, CA. Quilts, Vendors, Wearables, Dolls, ATCs, and Post Card displays. Friday, Small Quilt Auction and Fashion Show; Saturday, Banquet w/ silent auction, Excellent Classes in a variety of techniques. Teachers: Wendy Butler Berns, Dale Fleming, Ruth Hutches, Diane Ricks, Anita Shackelford, Christine Shively, Sharon Pederson, Karen K. Stone Mary Stori and Zena Thorpe. For detailed information: call 818.337.8458-- 818.759.6515, or e-mail gqgquiltshow07@earthlink.net or go to www.glendalequiltguild.org/

March 17 - 18, 2007: Desert Quilters Quilt Show, Brawley Lion's Center, 225 A Street, Brawley, CA, Sat. 10 am - 5 pm, Sun. 10 am - 4 pm, Vendors, Refreshments, and Tickets on sale for Opportunity Quilt. Contact: Olivia Smith, 410 West C St., Brawley, CA 92227 Oquilter@sbcglobal.net

March 29-31, 2007: Canyon Quilters is hosting The Ricky Tims Super Quilt Seminar featuring Ricky Tims, Alex Anderson and Libby Lehman at the California Center for the Arts, 340 N. Escondido Blvd., Escondido. For more info go to www.rickytims.com and click on "San Diego Super Quilt Seminar" to print out the registration form.



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Jack & Wendy Hager

Friendship Quilters Guild of San Diego is a non profit corporation organized to educate the community and to promote interest in all forms of quilting. General Guild meetings are held the second Monday of the month. They are usually held at Valley Elementary School, Poway, CA. Annual membership is \$25 from June 1 to May 31 of the following year. At the January meeting, membership dues are reduced to \$15 for the remainder of the fiscal year. Members who are not able to attend meetings or enjoy other benefits of regular membership may pay \$10 per year for a "Newsletter Only" membership and pay the guest fee of \$5 per meeting on the occasions when they are able to attend a meeting.

More information is available on the website www.friendship.quilt.to. The **Patchwork Post** is published monthly for members and neighboring guilds. Comments and articles are always welcome and may be mailed to the Newsletter Editor, Friendship Quilters, PO Box 1174, Poway, CA 92064 or sent to keener80@cox.net. **Deadline is the Friday following the general meeting.** To advertise in the Patchwork Post, contact Linda Wilcox at 858-484-9479. Articles in this newsletter may be reprinted if proper credit is given. Copyrighted artwork may not be reprinted without written permission of the artist.



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STORE NEWS

Thank you for all your support last month in the store. Thanks to all of you the store brought in \$189.55. I did not have to bring home as much stuff as I brought to the meeting, although some people brought me more things to sell. I can sell magazines (nothing cut out or removed, please) and books real well, so if you have any, please bring them to me.

will not have the store in February. My sister and her husband will be here from Canada and we will be going places and doing the touristy things. See you in March.

Thank you again.
Sylvia Lovett



Valentines Word Search



U	M	C	P	I	N	K	H	Q	P	V	W
V	J	U	Q	H	R	S	G	K	A	J	P
V	J	P	P	Z	E	P	E	L	E	T	F
K	P	I	H	S	D	N	E	I	R	F	S
R	S	D	O	N	I	N	T	A	O	E	R
Y	N	R	V	M	T	E	E	Y	M	C	O
E	O	D	E	I	E	H	R	D	A	A	M
N	B	B	N	W	T	J	D	N	R	L	A
O	B	E	S	E	O	D	D	A	R	L	N
H	I	R	E	T	A	L	O	C	O	H	C
A	R	W	M	C	E	Y	F	V	W	J	E
N	S	A	Y	S	T	E	E	W	S	S	P



ARROW	FRIENDSHIP	RIBBONS
BE MINE	HEART	ROMANCE
CANDLES	HONEY	ROSES
CANDY	LACE	SWEETHEART
CHOCOLATE	LOVE	SWEETIE
CUPID	PINK	SWEETS
FLOWERS	RED	VALENTINE

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This month's deadline for Newsletter submissions is February 16th. Please email to the editor at keen-er80@cox.net.

The February board meeting is Monday, 2/5/07 @ 7:00 PM at the home of Emily Lawhorn. Please contact Loretta Harry if you would like to discuss a topic at the meeting.

TIPS AND TRICKS

If you're sitting at the sewing machine quilting for long periods of time, your muscles can tense up and you can get aches and pains in your neck, shoulders, hands, and back. Some of you might know that I'm a yoga instructor. So I have created a little yoga routine I do about every 15 to 30 minutes while I'm sewing. It takes less than 2 minutes and relieves tension in the muscles. You might also find that it helps to calm you, if you're working on something that has you a bit frustrated, and bring oxygen back to the brain to make you feel refreshed.

So here we go:

1. Stand with your feet together, hands by your side, and relax your shoulders down, lengthening up through the spine. Close your eyes for a moment and take three deep breaths, relaxing your muscles on each exhale.
2. Inhale, and take your arms out to the side and overhead, touching the palms together, exhale and bring the arms down to your sides. Repeat three times.
3. Inhale to bring your arms overhead again, lace your fingers and turn the palms up, pushing toward the ceiling and lifting the chest, stay for three deep breaths.
4. Exhale, release the hands, thumbs pointing down, and bring the arms down behind your back. Inhale, lace the fingers and reach back, lifting the chest forward and pulling the shoulder blades together, stay for three deep breaths. Release.

5. Tuck your chin into your chest, bend the knees slightly, and exhale as you roll down toward the floor, one vertebrae at a time. Let your arms and head hang down, hinging forward from the hips, straightening your legs if you can by lifting the tailbone to the ceiling. Stay for three deep breaths, then tighten your abdominal muscles, bend the knees, & roll yourself up from the base of the spine, one vertebrae at a time.

6. Roll your shoulders back three times in large circles, then roll them forward three times. Inhale to shrug your shoulders, exhale to release them down, repeat three times.

7. Reach your left arm out in front of you, making a stop signal. Using your other hand, gently stretch your fingers back toward you. Repeat on the right hand.

8. Take one more deep breath, inhaling energy. Release all the air out of your lungs, exhaling every bit of tension from your body. Now get back to quilting! Namaste.

If you have a clever trick you would like to share with the guild, please email me at sidhe-magik@cox.net

Happy quilting!
Deanna Padilla



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LIBRARY

The library is open during guild meetings with a rotating selection of old and new favorites. We have plenty of books to inspire and get your creative juices flowing. Our books are so wonderful that there are many books overdue, maybe that they have mixed in with your personal library favorites. If you could please check, the library records indicate that the following individuals have outstanding books--

Liz Brookins--Landscapes and Illusions, Friendships Offerings
 Kari Creel--Drunkards Path, Hawaiian Quilting
 Beverly Fraser--Cats, Cats, Cats, Kansas Troubles
 Carol Giesing--The Quilters Apprentice,
 Loretta Harry--Sensational Settings, Bargello Quilts
 Tina Higley--Quilting Makes the Quilt

Audrey Noonan--The Quilt that Walked to Golden

Linda Patterson--Start with Squares

Barbara Pedlow--Twist n Turn

Jennifer Ross--Focus on Features-Lifelike portrayals in Applique

Lynda Shirk--Magic Stack n Whack

Gay Steinweg--A New Look for Redwork,,
 Quilted Sea Tapestries

Holly Torrez--Stretching Tradition

Denise Welsh--Quilting Your Memories, The Art of Classic Quiltmaking

Sharon Wilson--Diamond Quilts and Beyond

Happy quilting and see you at the February guild meeting.

Yvonne Gagne

**Friendship Quilters of San Diego
 Reconciliation Summary
 Checking Friendship QOSD, Period Ending 12/14/2006**

	Dec 14, 06
Beginning Balance	14,014.57
Cleared Transactions	
Checks and Payments - 8 items	-1,551.01
Deposits and Credits - 4 items	2,915.90
Total Cleared Transactions	1,364.89
Cleared Balance	15,379.46
Uncleared Transactions	
Checks and Payments - 2 items	-630.00
Deposits and Credits - 1 item	765.00
Total Uncleared Transactions	135.00
Register Balance as of 12/14/2006	15,514.46
New Transactions	
Checks and Payments - 4 items	-2,123.50
Deposits and Credits - 1 item	125.00
Total New Transactions	-1,998.50
Ending Balance	13,515.96

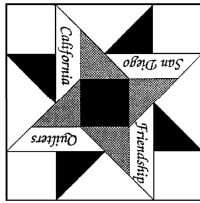
Submitted by Emily Lawhorn, Treasurer

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February 2007

Next General Meeting

February 12, 2007

- ☐ Your Name Tag
- ☐ Refreshments
- ☐ Your Mug
- ☐ Library Books
- ☐ Donations for the Guild Store
- ☐ Items for Sharing

Doors Open for Set Up 6:00pm
Tables Ready 6:30pm
Meeting Begins 7:00pm

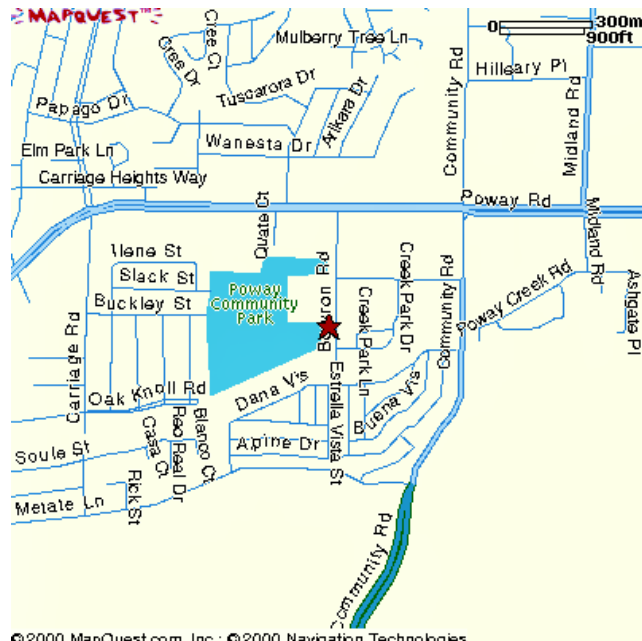
Don't forget to help put chairs away after the meeting.



**Friendship Quilters of San Diego
meets at
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